

Commonwealth of Virginia

CommonHealth

Mark R. Warner
Governor
Commonwealth of Virginia



Program Overview

- Number of employees: 100,000

Program Goals:

- To make state and local employees in Virginia the healthiest in the nation.
- To integrate health into the work culture, build trust-worthy partnerships, and change individual behavior.

Program Components

- Campaigns on smoking cessation, weight management, diabetes, heart health, flu shots, and premature birth prevention.
- Medical screenings and a personal health analysis report provided.
- Programs and challenges on fitness, mental health, nutrition, and personal health and safety.
- Fitness classes and discounts at fitness centers statewide.

Key Findings

- Almost 2,000 individuals were identified as high risk for type 2 diabetes during the 2004 diabetes education program.
- 2,672 state employees shed more than 16,000 pounds, or 4.92 pounds per person, through the weight management program.
- 26 percent of nearly 1,400 participants in the smoking cessation program have remained free from tobacco after 1 year.



“I was a businessman before entering politics and brought those values with me when I was elected Governor in 2001. In my campaign, I pledged to run government like a business, introducing new efficiencies and always, always focusing on the bottom line.

“For 17 years, the *CommonHealth* program has helped our state workforce establish and/or maintain a healthy lifestyle through exercise, smoking cessation programs, health screenings, and providing flu shots.

“We know the results because we measure them. In just the past year, workers have lost 8 tons of weight and 14,000 state workers received flu shots. And over 350 of my state employee colleagues quit smoking or using tobacco, extending their lives and productivity in the process.

“These programs benefit the Commonwealth’s bottom line, saving taxpayer dollars through reduced health care expenses and less absenteeism due to illness. That peoples’ lives have changed for the better is perhaps the most important outcome.”

THE BOTTOM LINE

“Our employee health promotion programs benefit the Commonwealth’s bottom line, saving taxpayer dollars through reduced health care expenses and less absenteeism due to illness.”

